POWER

AND

CONTROL

USING

COERCION

& THREATS Making and/or carrying out threats to do something to hurt her, threatening to leave her, to commit

suicide, to report her to welfare; making her drop charges: making her do illegal things.

USING **EMOTIONAL ABUSE**

Pushing, shoving, hitting Putting her down or making her feel bad about herself, calling her names, making her think she's crazy, mind games. humiliating her & making her feel guilty.

USING ISOLATION

Controlling what she does, who she sees & talks to. what she reads, where she goes, limiting her outside involvement, using iealousy to justify actions.

on stripping biting

Preventing her from getting or keeping a job, making her ask for money, giving her an allowance, taking her money, not letting her know about or have access to family income.

USING MALE PRIVILEGE

Treating her like a servant Making all the "big" decisions, acting like the "master of the castle," being the one to define men's

> SEXUAL **ABUSE**

Making her to do sexual TOUT TOU BON OF BUIST things against her will,

BLAMING Making light of the abuse and not taking her concerns about it seriously. saving the abuse didn't happen, shifting responsibility for abusive behavior, saving

MINIMIZING.

DENYING &

USING INTIMIDATION

Making her afraid by using looks, actions, gestures, loud voice, destroying her property, abusing pets, displaying weapons. **USING**

CHILDREN

Making her feel guilty about the children, using the children to give messages, using visitation to harass her, threatening to take the children away.

PHYSICAL and SEXUAL ABUSE

slapping, choking, pulling hair

beating, throwing her down & women's role.

she caused it.